

Earthquake Preparedness Planning for Family

What to Do Before an Earthquake?

Ways to Plan Ahead

1. Check for Hazards in the Home

- » Fasten shelves securely to wall.
- » Hang heavy items such as pictures and mirrors away from beds, couches, and anywhere people use to sit.
- » Store breakable items such as bottled foods, glass, and ceramics in low, closed cabinets with latches.



2. Identify Safe Places Indoors and Outdoors

- » Under sturdy furniture such as a heavy desk or table.
- » Beside an inside wall.
- » Away from glass which could scatter around windows, mirrors, pictures, or where heavy bookcases or other heavy furniture could fall over.
- » In the open, away from buildings, trees and electrical lines, overpasses, or elevated expressways.



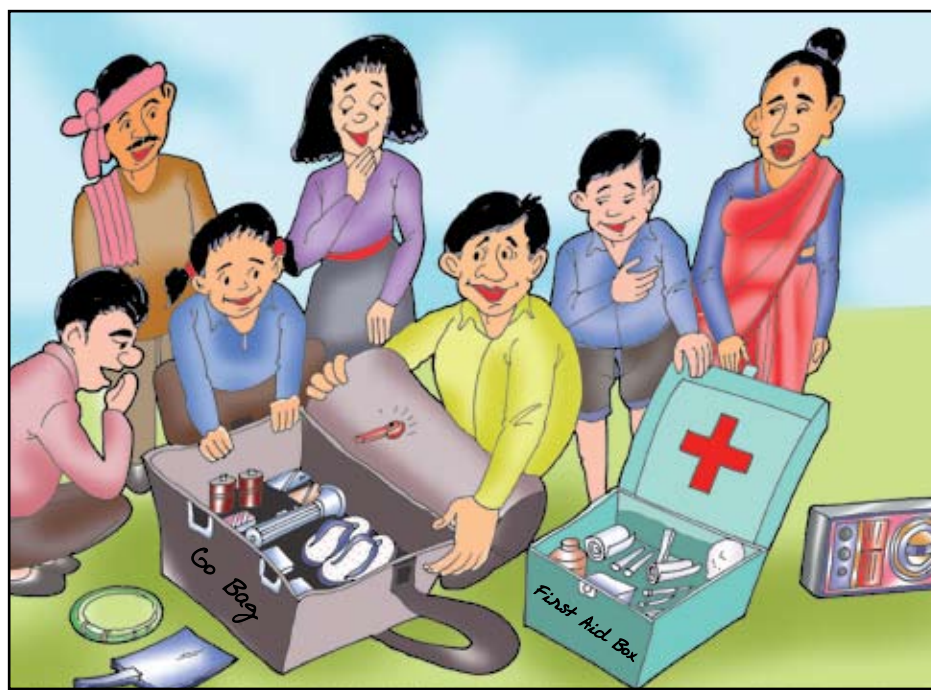
3. Educate Yourself and Family Members

- » Contact your local emergency management office or Nepal Red Cross district chapter, concerned authorities for more information on earthquakes. Discuss within your family on how to protect you and your property from earthquakes.
- » Teach children how and when to call the police and fire department and teach them to switch on the radio for emergency information.
- » Teach all family members how and when to turn off gas and electricity.



4. Have Disaster Supplies on Hand

- » First aid kit and essential medications.
- » Protective clothing, rainwear and bedding or sleeping bags.
- » Battery-powered radio, flashlight, and extra batteries.
- » Keeping essentials, such as a flashlight and sturdy shoes, by your bedside.
- » Cash & cheque books, credit cards, citizenship etc.



5. Develop an Emergency Communication Plan

- » In case family members are separated from one another during an earthquake (a real possibility during the day when adults are at work and children are at school), develop a plan for reuniting after the disaster.
- » Ask an out-of-state relative or friend to serve as the "family contact." After a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name, address, and phone number of the contact person.



6. Help Your Community Get Ready

- » Conduct a week-long series on locating hazards in the home.
- » Provide tips on conducting earthquake drills in the home.
- » Work together in your community to apply your knowledge to building codes, retrofitting programs, hazard identification, neighborhood/family emergency plans.



Earthquake Preparedness Planning for Family

What to Do During an Earthquake? Safety Measures

1. If indoors

- » DROP to the ground; take COVER by getting under a sturdy table or other piece of furniture; and HOLD ON until the shaking stops. Move only a few steps to a nearby safe place. Stay indoors until the shaking stops. Make sure that it's safe to exit. In a high-rise building, expect the fire alarms and sprinklers to go off during a quake.
- » Stay away from glass, windows, outside doors and outside walls, and anything that could fall, such as lighting fixtures or furniture.
- » Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load bearing doorway.



2. If outdoors

- » Stay in the open space until the shaking stops.
- » Find a clear spot away from buildings, trees, and power lines.
- » The greatest danger exists directly outside buildings, at exits and alongside exterior walls (many of the fatalities during earthquake occurred when people ran outside of buildings consequently to be killed by falling debris from collapsing walls, flying glass and falling objects). Ground movement during an earthquake is seldom the direct cause of death or injury.



3. If in a moving vehicle

- » Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near to the buildings, trees, overpasses, and utility wires.
- » Proceed your vehicles cautiously once the earthquake has stopped. Avoid driving at roads, bridges, or ramps that might have been damaged by the earthquake.



4. If trapped under debris

- » Do not light a match.
- » Do not move about or kick up dust.
- » Cover your mouth with a handkerchief or clothing.
- » Knock if you are tapped on a pipe or wall so rescuers can locate you and save you. Use a whistle if it is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.



What to Do After an Earthquake ? Preventive Measures

- » Listen to a battery-operated radio or television. Listen for the latest emergency information.
- » Expect aftershocks. Each time you feel one, DROP, COVER, And HOLD ON!
- » Use the telephone only to report life-threatening emergencies.
- » If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.
- » Look for and extinguish small fires. Eliminate fire hazards. Turn off the gas if you smell gas or think its leaking.
- » Clean up spilled medicines, bleaches, gasoline or other flammable liquids immediately. Leave the area if you smell gas or fumes from other chemicals.
- » If you suspect sewage lines are damaged, avoid using the toilets and call a plumber. If water pipes are damaged, contact the water company and avoid using water from the tap.

